



Who Am I?

Knowing about you is the foundation of good planning for your life and future.



What is your story?

What is your story?

The story of your life until now can tell people some very important things about you, and who you are. The things which have happened along the way and the experiences you have had can be very useful to reflect on and share. There will be things in your history which you feel good about, and others which you don't feel so good about. These past experiences can give clues about how you would like your future to be. It can also be helpful to include parts of your story in any training you do for staff you employ.

You and your supporters could reflect on things like:

your family story, including your family's culture, religion, values and beliefs.

significant events in your life.

the best things which have happened.

things which have happened which you feel bad about (if some very upsetting things have happened, you could ask for help to deal with them).

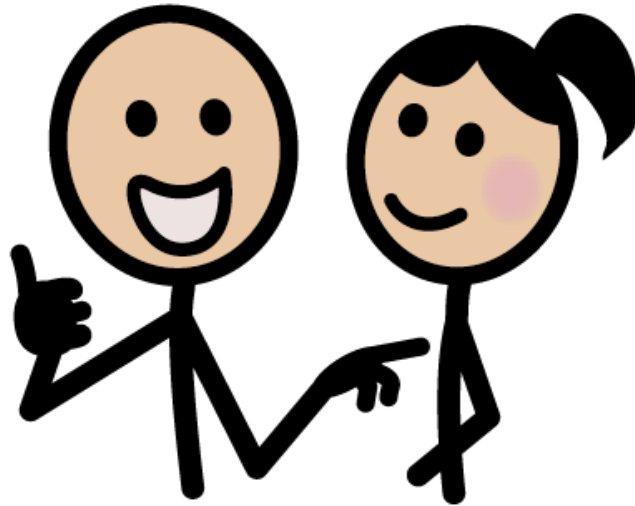
times when you have been successful at something.

things you have contributed to others or to the community.



What else is important to discuss or record about your story?

You can record these things in your planning manual.



What are some great things about you?

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All people have things about them which are great. These things might be easy to see, but its important to spend time to really discover all of the great things about you. It can be helpful to ask other people what they see in you. Sometimes other people can see your different strengths.

Think about the things that are great about you, and also who else you could ask. You might be great in some of these ways:

being social with other people, or enjoying being alone.

talking, or being quiet.

being passionate about something, like music, books, cars or sports.

recognising or being interested in people, or remembering names.

noticing things about the world that other people miss, such as door frames, drains, the edges of things, different textures, colours or sounds.

being funny, serious, happy, thoughtful or sensitive.

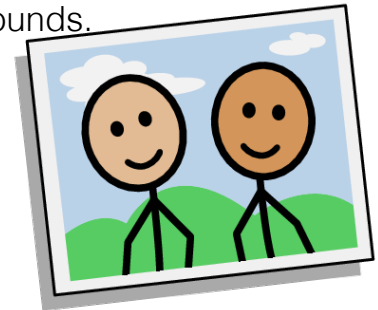
being great to be around and to be with.

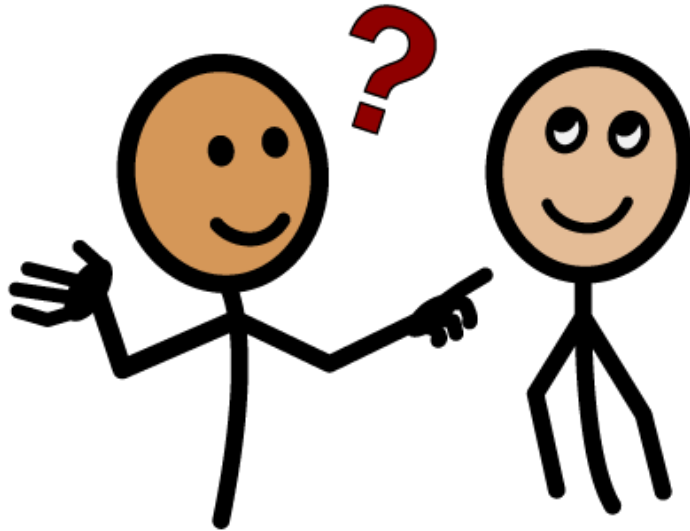
being predictable, or being spontaneous.

being fun and energising, or being calm and relaxing.

What are some great things about you?

Write them in your planning manual.





What do you like?

What do you like?

It's really important that you and your supporters know what you like, and are making sure you have them in your life as much as possible. The things you like can be daily things, for example coffee or tea, or warm or cool showers. They might also include the work or activities you like, the things you like to have around your home, the routines you prefer, people you like to spend time with, or the music you like to listen to.

What are some of the things you like, for example do you like certain:

types of music, movies or tv shows?

types of food or drink?

places?

hobbies or interests?

ways of interacting with things, such as taking them apart and putting them back together, or running your fingers through things like water or sand?

batteries, trains, fabric, cds or other objects?

textures or sounds?

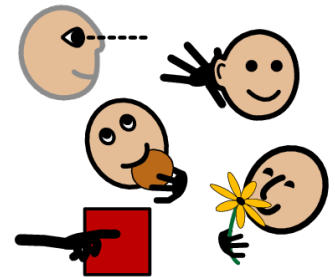
routines, or the order in which you do things?

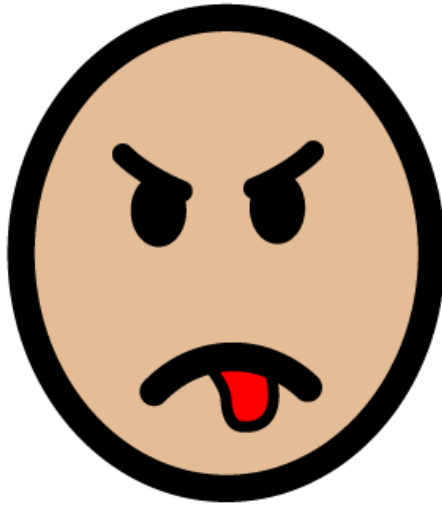
people?

activities?

What do you like?

Record the things you like in your planning manual.





What don't you like?

What don't you like?

It is very important that your supporters know what you don't like. Having too many things in your life which you don't like might result in you feeling unhappy or unmotivated. This can also result in anxiety, stress, and behaviour which can be seen as challenging. In your plan, it is important for you and your supporters to avoid having things in your life which you don't like.

What are some of the things you don't like, for example:

certain foods or drinks?

temperatures, sounds or textures?

places?

ways of doing things?

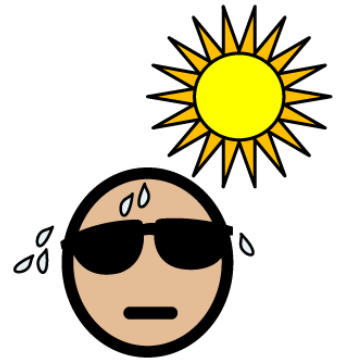
activities?

being treated or spoken to in certain ways?

when people talk about you in front of you?

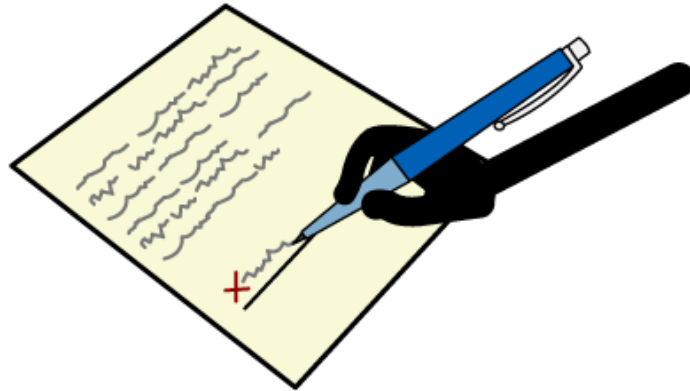
not knowing what is going to happen next, or when plans change without warning?

being alone too much, or around people too much?



What do you dislike?

Record these things in your planning manual.



What is essential for you?

What is essential for you?

It is important to include the things you need to stay safe and well in your plan. These might be things like eating the right food, seeing friends, having the right routines or having enough interesting things to do.

Make sure that the things which are essential for you in your life are written down in your plan, and understood by everyone who supports you.

What is essential in your life to keep you:

happy?

safe?

physically well?

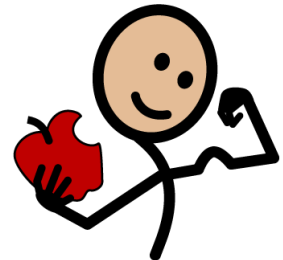
mentally well?

feeling like your spiritual needs are met?

connected with the people you like to see?

learning and developing?

from behaving in ways which might seem challenging in order to let people know you aren't ok?



What is essential for you?

Write these things in your planning manual.



What are your strengths?

What are your strengths?

Everyone has different strengths. It might be helpful to think about what you are good at, and to find out what other people think too. Sometimes we might need to think more deeply or differently to notice the unique strengths people have.

You might be good at some of these kinds of things:

knowing and understanding things, maybe from learning or from experience.

asking questions.

figuring out and reading people and situations, being sensitive to what others feel.

organising and classifying things.

taking things apart, or putting things together.

creative thinking or problem solving.

practical things, like cooking, mechanics, using a computer or making things.

the arts, for example singing, dancing, painting or performing.

influencing other people for example being welcoming, funny, understanding or a good listener.

What are some things which you are good at?

Write these things down in your planning manual.

